



Coastal Camp Seale Harris Camp Additional Information

- **The Blood Sugar and Insulin Record should be brought to camp with your child.** Use this form to keep a record of your child's blood sugars and insulin dosages for the week prior to coming to camp. This is very important information about how blood glucose levels have been running and current treatment and will help us understand more about your child's diabetes. If your camper is on a pump/sensor you may print the information to use instead of the form. Please be sure all information from the form is included
- **Also included in the packet is a "What to Bring to Camp" list and driving directions to camp.**
- **Check in date and time:**

Sunday, July 21, 1:30 PM – 3:30 PM

Please note that camp personnel will not be available to begin check-in until 1:00 PM. Having families on-site before 1:00pm delays the start of our check-in process. Please do not arrive prior to this time!

- **Check out date and time:**

Friday, July 26, 11:00 AM – 12:00 PM

Check out WILL NOT begin before the scheduled check out time.

- **Camp Seale Harris Coastal Camp activities are held at - Camp Grace, 11081 Wanda Drive, Mobile, AL 36608** From I-65, take the Airport Hwy Exit #3 / CR 56 West, and go 10.3 miles. Turn right on Eliza Jordan Road, South, and go 1.3 miles. Turn left on Elnina Drive. Stay straight to go onto Wanda Drive. Camp Grace is at the end of Wanda Drive.

Limited transportation may be available for overnight campers living in or near Pensacola. If you need to take advantage of this opportunity, please contact our office at 205-402-0415 or sarah@campsealeharris.org.

THEME

Olympics!

The Summer Olympics are here! Let's celebrate the Olympics together! Dress as your favorite athlete or event. Maybe you want to be a fencer, judo player, boxer, or on a rowing team! There are so many athletes and events to choose from. Let the games begin!

CAMPER PACKING LIST

For everyday use at camp, PACK OLD CLOTHES. Please put camper's name on ALL articles. No money or valuables are to be left in camper cabins. Camp Seale Harris is not responsible for items lost, destroyed, or left at camp. Please see next page for what diabetes/medical supplies we provide and what you need to pack.

Please be sure to pack enough for an entire week of clothes plus a few extras, especially extra socks! (no one likes soggy feet!) Recommended number is one outfit per day plus 2-3 extra. Numbers listed below are recommendations only.

CLOTHING

Shirts	8	_____
Sweatshirt/Jacket	1	_____
Shorts	8	_____
Underwear	8	_____
Socks (pairs)	8+	_____
<i>You can never send enough socks!</i>		
Pajamas	1	_____
Swim Suits(see note)*	2	_____
FlipFlops/Watershoes (for showering and water activities)	1	_____
Raincoat/poncho	1	_____
Laundry bag	1	_____
Close-toed Shoes,		
Sneakers (pair)**	2	_____

**Label ALL Items with
Campers Name**

CABIN ITEMS

Sheets/Sleeping bag***	1	_____
Pillowcase	1	_____
Pillow	1	_____
Blanket	1	_____
Flashlight	1	_____
<i>With extra batteries</i>		
Water Bottle	1	_____
<u>PERSONAL CARE</u>		
Washcloth	1	_____
Towels	2	_____
<i>Will be needed for showering and water activities</i>		
Toothpaste	1	_____
Toothbrush	1	_____
Deodorant	1	_____
Shampoo/Conditioner	1	_____
Soap	1	_____
Brush/Comb	1	_____

OPTIONAL

Swim goggles	1	_____
Sunscreen	1	_____
Bug Repellant	1	_____
Costume (Banquet)	1	_____
Nice Clothes (Dance)	1	_____
Jeans, pants	1	_____
Small Battery-Operated Fan	1	_____
Shower Caddy	1	_____

DIABETES SUPPLIES

Pump Site Change Sets	5/+	_____
<i>This includes anything you use during a site change which may include the following: site, tubing, cartridge, syringe to fill cartridge, skintack, GrifGrips/tape, numbing cream, etc.</i>		
CGM Sites	2-3	_____

(See next page for more medical/diabetes supply details)

*Due to the type of water activities we recommend tankinis/one-pieces for girls and swim shorts (not speedo) for boys. If your child burns easily a rash guard (swim shirt) would also be a great choice.

Campers will be walking and running during many activities and must have **socks and close toed shoes such as sneakers that will not fall off or cause injury to their feet while being active.

***Beds are twin size but larger sheets tuck under the mattress just fine. If your child has a tendency to wet the bed, sheets and a blanket are much easier to wash and dry.

PLEASE BRING A WATER BOTTLE LABELED WITH YOUR CAMPER'S NAME.

NOT ALLOWED AT CAMP

The following items will be taken away and kept in the office: cell phones (other than those used for Dexcom purposes, which will be kept by counselor); rollerblades; skateboards; food, candy, gum; firearms, ammunition, weapons (including all knives/pocket knives), flammables, and fireworks(sparklers, caps, etc); matches,.; tobacco products (including e-cigarettes, vaping, etc.), valuables, and money; Electronic games, CD players, and media storage devices (such as iPods without cellular signal capability) may only be used during designated times (such as rest time) but are to be turned off at all other times. Devices having sound should be used with headphones. Devices should not have non-family friendly media such as profanity, pornographic images, or other distasteful media. Wifi is unavailable. CSH encourages the use of non-electronic games whenever possible and recommends that electronics be left at home! Use of alcohol (including beer and wine), tobacco products (including e-cigarettes, vaping, etc.), non-prescribed medications and/or illegal drugs will not be permitted. All medications, including over-the-counter medications, must be turned in at camper check-in on the first day of camp and must be accompanied by a doctor's prescription.

NO INSULIN OR MEDICATIONS ARE ALLOWED IN CAMPER CABINS.

OPTIONAL

Games (non-electronic) and Books. Campers will have a rest period each afternoon that these are great to have.

*If you would like to receive mail from your camper please send self-addressed, stamped envelopes and/or postcards. **Be aware mail is very slow getting to camp. Write early, please put cabin # on all letters and packages to your camper. Do not send mail past Tuesday! You can leave mail/packages at check-in (highly recommended vs mailing). Please mark with your camper's name, cabin #, and session.** The mailing address is Camp Seale Harris, c/o Camp ASCCA, PO Box 21, Jackson's Gap, AL 36861 (not the Birmingham Office address)

MEDICAL SUPPLIES PACKING GUIDE

ALL OF THESE SUPPLIES & MEDICATIONS MUST BE BROUGHT TO CHECK-IN DURING THE INTAKE PROCESS SO THEY CAN BE PROPERLY LABELED AND STORED.

INFUSION SITES are changed every two days at camp. Please bring at least 5 (or more) change-outs to camp on check-in day. Bring reservoirs, reservoir syringes, infusion sets, IV prep, dressings, and EMLA cream if used. Also bring extra batteries, your inserter; and anything else you use. Unused supplies will be returned when you come to pick up your camper. *Please remember to get those supplies when you pick up your child so we don't have to ship them.* **Please do not arrive at camp needing to change your pump site on intake day.** Please change it Saturday or Sunday **before** you come to camp.

INSULIN: Camp will supply most types of common insulin. If your camper is using a new or unusual form of insulin, please contact Camp Seale Harris, before arriving, to determine if you need to bring your insulin.

CGMs: You will need to bring all supplies needed to manage & maintain your child's CGM. This includes: 2-3 sensors, 1 extra transmitter (only if expiring), tape/adhesives, receiver, receiver charging cord & wall adapter/brick. **The receiver and all cords and wall adapters/bricks must be labeled with camper's name prior to coming to camp.** Unused supplies will be returned when you come to pick up your camper. *Please remember to get those supplies when you pick up your child so we don't have to ship them.*

NON-DIABETES MEDICATIONS:

- **No medications, including over-the-counter items and vitamins, are permitted in the camper cabins.**
- All prescriptions must be **in their original bottle with a pharmacy label.** If the current dose does not match the dose on the label you must also bring a written note or prescription from the prescribing physician. Otherwise, we cannot accept/dispense it.
- Camp Seale Harris medical staff provide over-the-counter (OTC) medications on an as-needed basis for headaches, stomachaches, etc. Camp has a supply of common OTC medications and physicians available to give orders for appropriate use. **OTC medicines (including vitamins) that need to be administered daily that you bring with you to camp will NOT be administered unless you provide a signed request from the child's physician that we do so.** If you have any questions or concerns prior to check in, please call the camp office.
- If your child takes allergy or asthma medication, **please** remember to bring it to camp (with a doctor's order) even if he/she has not used it recently. Allergies may be triggered in the camp environment.